

Battle-Scarred Bugle And Royal Winnipeg Rifles Hat Badge Are Mute Symbols Of Heroic Stand

WINNIPEG.—A dented, battle-scarred bugle and a Royal Winnipeg hat badge have come back home to Canada, mute symbols of the heroic stand of the 1st Battalion, Winnipeg Grenadiers at Hong Kong in 1941, and holding in trust a tale that will not be fully revealed until the war's end, if then. The two war souvenirs were found at Hong Kong by D. G. E. Middleford, former Netherlands Consul General while he was interned in the Crown Colony prior to being repatriated.

Substantial evidence indicated the bugle was the property of the Winnipeg Grenadiers. A standard Army instrument, it bears the stamp of a Toronto manufacturer, and is bound with the familiar green tasseled lanyard. It is the colour of burnished copper and has a silver mouthpiece. The lower portion contains a score of dents.

The bugle has been forwarded to the 2nd (R) Battalion, Winnipeg Grenadiers. In accepting it, Lieut.-Col. S. M. Scott, M.C. officer commanding the unit, said: "The valor of the 1st Battalion at Hong Kong is a source of pride to Canada as a whole and in particular to the members of the 2nd Battalion. This bugle will serve as a constant reminder to men of the unit here of that heroic stand."

An honored place has also been found for the R.W.R.'s badge. It is resting today among battle souvenirs of the Riel Rebellion of 1869, the South African War and the Great War. Hong sits by side with a painting from Louis Riel's bedroom, a sniper's rifle used by a direct descendant of Riel killed while serving with a World War regiment, the badge is mute evidence that although the "Little Black Devils" didn't take part in the battle for Hong Kong as a unit, some of its former members saw action there with the 1st Battalion Winnipeg Grenadiers.

A score of members of the regiment, oldest infantry regiment in Western Canada, which celebrated its 60th anniversary last year, transferred from the rifles to the Royal Winnipeg Grenadiers just prior to the departure of the latter unit to the Far East. It is presumed that the badge belonged to one of these men.

Meanwhile, 16-year-old Russell Smith believes the badge might belong to his father, Pte. Frank Smith, 1179 Pritchard Avenue, Winnipeg, who was among the R.W.R.'s who made the transfer. Pte. Smith is now in a Japanese prisoner-of-war camp. Lieut.-Col. J. E. Tulloch, officer commanding the Reserve Battalion, Royal Winnipeg Rifles, identified the badge as that of an "other rank."

"I've travelled a long way hasn't it?" said the boy as he gazed thoughtfully at the badge. "It might be Dad's because he enlisted in 1940 with the Royal Winnipeg Rifles and transferred to the Grenadiers just before they left for Hong Kong." He'll certainly come down to the barracks to see it when he gets home," Russell added.

KENYA COLONY AGRICULTURE

The Kenya Agriculture Production Board has begun preparations on a large scale to grow wheat for the Middle East armies, and local bread is now mixed with 30 per cent of maize to release more wheat for the forces.

The letter "z" is the least used in the English language.

The United Nations Will Plan Post-War Aviation As One Of Most Important Peace Factors

(By Captain A. G. Lampugh)

THREE more of the peoples of the earth see of each other the less chance of misunderstanding, disagreement and war. The development of safe and economical air transport is one of the most important factors in post-war peace and friendship. The vast technical developments in aviation produced by war needs will, we hope, be safely steered into peacetime channels within the next five years.

It is fully realized in Britain that unless the world is able to regulate its international air transport on lines of mutual freedom, facilities and unbiased transport itself operated to greater standards of safety and economy, we shall not see a considerable development of air travel for some years.

Safe and regular services from Britain to many parts of the world by night and day will be ensured, but the unknown factor of the moment is the cost—either to the individual or to the State—and on this depends to a large extent the number of people who will be able to visit each other's country freely. When this difficulty is resolved, then nothing but good should result from the increased use of air transport and the resulting ability to see each other's problems at first hand and embark on new projects of mutual interest.

It is the policy of the United Nations will be to encourage this state of affairs as far as possible throughout the world.

It is interesting to recall briefly the history of shipping, which in many respects has a parallel in the lighter medium of the air. The first power-driven ships were built entirely for the carriage of passengers and mail, and it was not until half a century after steam-driven ships were first used that they started carrying bulk cargo. Eventually a large proportion of the world's sea-borne tonnage was devoted wholly to the carriage of bulk cargoes.

It is reasonable to assume at this stage that the air will not be as useful in carrying bulk cargoes as the sea has been. But we are only on the fringe of development in air transport, and must bear in mind the possibility of the eventual carriage of heavier cargoes.

Even if air commerce has to be limited to the transport of passengers, mail and light freight, it will, if properly handled by the peace-loving nations of the world, bring considerable benefit to the commercial aspect of air transport.

Commissions made to a course of Navigators which graduated at the same time included: Karl G. Guttenberg, and Frederick C. Samuel, both of Vancouver; B.C.; Donald B. MacMillan of Victoria; John G. Sargent, New Hazelton, B.C.; Jack E. Ballantyne, and James R. L. Lee of Lethbridge; Frank A. Theriault, Leduc, Alta.; James S. Thomson and John A. Wolf of Edmonton and Howard L. Tilley of Oyen, Alberta; Bryn E. Roberts of Poco, Alta.; Joseph E. Brubé, Prince Albert, Sask.; John Kepley, Regina, Sask.

W.A.A.F. Chief



Air Chief Commandant K. J. Trebusius Forbes, C.B.E., Director of the British W.A.A.F., has arrived in Canada for a coast to coast tour, on which she will visit the Royal Canadian Air Force (Women's Division) at various units. The Air Chief Commandant, who succeeded to that of Air Vice Marshal, has been Director of the Women's Auxiliary Air Force of the R.A.F. since July, 1939, and is still senior officer of that service, though her duties as Director have been relinquished for the duration of the tour.

Subject Of Study

Occupied Countries Trying To Defeat Nazis' Scorched Earth Tactics

How to prevent the Germans from carrying out scorched earth tactics when they retreat is the subject of considerable study by patriot groups in Holland, Belgium and France.

When the Germans retreated from Belgium and France in the last war, it was noted that they effected scale destructions the worse of which was the flooding of mines which took years to restore.

Patriots in each district are being warned to take special precautions in order to frustrate German designs against their mineral wealth, means of production and transport.

Rag Doll Twins



7627

These chubby little cheeks make them look like all over. Yet, only the head is in these pieces, the body is made of but two. Your useless scraps become the stylish clothes. Patterns for these, and art included. Remember these little girl "twins"? Pattern 7627 contains a transfer pattern of doll and clothes instructions.

To make this pattern send twenty cents in coins (stamp cannot be accepted) to Housewife Arts Department, Winnipeg Newsprint Union, 175 McDermot Ave., Winnipeg, Man. Be sure to write plainly your Name, Address and Pattern Number. "Because of the slowness of the mails delivery of our pattern may take a few days longer than usual."

Buy War Savings Stamps Regularly.

She Photographs For R.C.A.F.



With her hand on the trigger and her lens on the target, AW2 Patricia Braum, daughter of Mr. and Mrs. Horace Braun of Fredericton, N.B., is all set to do some "shooting up" with her aerial camera. She is attending the R.C.A.F. school of photography at Rockcliffe, Ottawa.

Nazi Home Front

Air Force Commissions

Problems That Keep The Propaganda Ministry Busy

Results of the Allied strategic bombing continue to appear in the German newspapers. The Mannheim newspaper reassures parents that the school children who were evacuated from the city after a smashing R.A.F. raid "will not be sent to Poland," while a warning to evacuees says that "no evacuated woman is allowed to return home," or that if she should slip past the Gestapo she will not receive a ration card.

Everybody in German newspapers are pleading with their readers to understand that evacuation is necessary.

Problems greater than those that arose in Britain during the Blitz are springing up throughout Germany and the Propaganda Ministry is kept busy placating the people.

The Deutsche Bergwerks Zeitung protests against landlords who fail to register apartments for rent and "hoarding" them for high rents. Tailors in Hamburg complain of the heavy taxes imposed on them by the Hamburg Fire Department. The Hamburg Tagblatt bewails the lack of cutlery and wine in restaurants.

The Muenchner Neueste Nachrichten announces that whitewashing is a good safeguard against fire while elsewhere provisions are made for the withdrawal of bombings by bombed-out civilians.—New York Times, September 1943.

Aircraft Repair

Planes Are Overhauled Many Times Before They Are Discarded

The London correspondent of the Ottawa Journal, says: Sir Stafford Cripps has revealed interesting figures concerning aircraft repair. For every hundred airframes, engines and propellers repaired in the first half of 1940, 1,080 frames, 945 engines and 2,207 propellers were repaired in the same period of 1941. The amount of repaired aircraft, which in 1940 was only 13 per cent, is now 70 per cent, as compared with new output.

Planes are not merely repaired once and then discarded. One Spitfire was repaired nine times and had six new pairs of wings fitted. It went back into service as good as new. Cable cutters are now fitted to every bomber. This enables cable-cutting scouts to go in before a low level attack and sweep the field of operations completely clear of enemy barrage balloons. The cutter is about the size of a building brick and weighs only a few pounds, but it is powerful enough to cut the heaviest cable in about one-thousandth of a second. Sixteen are fitted to each bomber.

Because it is so small the cutter requires the greatest precision and skill in its making, and it takes fifty gauges to check it. The workers now employed in its production were formerly shop assistants, housewives, clerks, gardeners, carpenters, plasterers and garage hands.

HAVE GOOD REASON

Because their name "elicits facetious remarks, resulting in embarrassment," Stanley and Margaret Blewett petitioned superior court at Los Angeles to have it changed to Mitchell.

Divinyl oxide, a new anaesthetic, is said to be more rapid and efficient than ether, chloroform or any of the other anaesthetic gases.

Rings of the planet Saturn are made up of tiny moons, held in place by gravitation.

HOME SERVICE

THESE POEMS ARE LOVED BY ALL



"Little Hut"

"O'er comes dear Lord,
No bellies hear
No jewels wear
Of gold and gear,
Nor lands, nor kin,
Nor treas'ry—heart of anything—
Yes, I like not to be mine."
Poignant words from "Ike Walton's Prayer" by James Whitcomb Riley.

And many other well-loved poems which have been read over and over again by millions are included in our 32-page booklet.

These words of comfort and cheer words bring solace or happiness to the reader in their universal appeal. Who has not read Browning's gay "Song From 'Pippa' Poems":

"The day's at the morn,
The tide's at the spring,
The day's at the morn,"
or Stevenson's "deep-bidding" "Requiesce":

"Under the wide and starry sky,
Dig the grave and let me lie."
Do not miss this booklet if you love poetry.

Send us in coins for your copy of "World's Best-Loved Poems" to Home Service Dept., Winnipeg Newspaper Union, 175 McDermot Ave., E. Winnipeg, Man. Be sure to write plain your name, address, and name of booklet.

The rhyme "between the devil and the deep blue sea" originated in 1637 when a Scottish regiment was trapped between the ocean and Swedish artillery fire.

Really Interested

Governor-General And Princess Alice Getting Acquainted With Canada

The Governor-General and Princess Alice are following the example of several of their predecessors at Rideau Hall in travelling far and wide throughout Canada. They have returned to Ottawa after journeying for three weeks across the prairies, mobile and on horseback through far northwestern parts of the Dominion. Such travelling accounts in large part for the fact that on leaving office, and wherever they may be, our Governor-General remain Canada's staunch friends.—Ottawa Journal.

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2540

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AT VICTORIA

Shall Coast City Is Now Crowded By War Workers

When Victoria's tourist bureau coined the slogan of "Follow the birds to Victoria," it never dreamed the advice would be taken so literally by thousands of war workers and servicemen.

Tourists are few and far between now, but strange faces crowd the business sections of the city which used to pride itself on being "a little bit of England in the Pacific." Some 25,000 newcomers, most of them from the cities, have swollen Victoria's population to 88,000 since the outbreak of war.

Hundreds of new homes have been constructed in the past two years, but not nearly enough to meet the influx of families whose menfolk have come to work in shipyards turning out frigates, cargo boats, tankers and patrol craft. At last reports 700 families comprising more than 2,000 persons were living in cramped quarters of one or two rooms.

The shipyards, Victoria's main industry, are not wholly responsible for swelling the city population. A constant stream of service men and women move through the town. Many women who accompanied their husbands here chose to remain after the men went overseas.

Almost the only symbol remaining of Victoria's old regime is the Bobby's helmet still worn by police constables instead of the more generally-used peaked cap. Almost every other walk of life has undergone changes typical across Canada.

Gone are the quiet old days that brought Victoria a mixture of envy and ridicule from "outsiders." The streets teem with overalled men and women, street cars are crowded to capacity, short-handed restaurants and stores turn customers away, and a score of gurgle accents can be heard from the clippings English accent predominated before.

The city's birthrate has climbed surprisingly—1,008 in the first six months of 1943 compared with 847 in a corresponding period of 1942. Downtown sections are packed by parading baby buggies.

Chinese houseboys, cooks and gardeners who once contributed to the stately way of life have flocked to the shipyards and gardens once well-tended beauty spots have given place to sprawling victory gardens joy and worry of the amateur. Several large, old houses have been turned into apartment houses with community kitchens.

A proud tradition of service established in the last war has been carried on and in this accomplishment young Victorians in every branch of service have given their lives or every war front. Five soldiers, five naval men and 24 fliers have been awarded decorations.

Trip On Warship

Shell Factory Employees Taken On Voyage To See Shells Fired

Sir Basil Brooke, Northern Ireland prime minister, disclosed that a number of employees at a shell factory were taken for a voyage on an armed trawler which had been on Russian convoys.

The object of the trip was to give the girls opportunity to see the ships being fired and to fire themselves. Interest in work at the factory, Sir Basil said increased enormously as a result of the experiment.

The Navy, Army and Air Force are recruiting manpower for all three services on a co-operative basis as the result of a new joint recruiting policy.

Royal Canadian Army Cadets



Canadian Army Photo.

One of the most interesting and informative courses that Royal Canadian Army Cadets receive in their training is the anti-gas course. Here one of the Ottawa Cadets test the face piece of his respirator for leakages. The cadet on the right shuffles off the air coming through the inlet valve. If the air continues to come through then it is a faulty respirator.

Rescue By Sea Off British Columbia Coast



Fast teamwork between air and sea rescue services of the R.C.A.F. made this picture possible. It was taken from a search aircraft and shows five members of an Anson bomber crew being rescued after crashing into the sea 60 miles off the British Columbia coast. They were but three hours in their rubber dinghy.

Courage And Skill

Effecting Rescue Of Seaman Swept Overboard In High Sea

The first lieutenant of the ship is extremely modest. He threatens to beat the skull of any man who mentions his name in connection with this yarn. So his name won't be mentioned.

As events go in this sea war, the incident wasn't big. All he did was to take a boat over and pick up a man overboard, to hear him tell it.

But other officers in his crew will tell you it was one of the finest pieces of small-boat seamanship they have laid eyes on in years at sea. Not to mention courage.

The Atlantic wind was at gale strength. It was throwing waves big enough to wash over the Canadian corvette. Men were sent to put on the ventilator covers and lash them down.

One extra big wave caught a bunch of men up forward. Able Seaman Enzo Girardo of New Westminster, B.C., was ripped loose from his grip and swept toward the rail.

Two fellow seamen caught him, but their pull was feeble against the force of water, and he went over-side.

He was wearing a cork jacket, but nothing in mid-Atlantic his going overboard in weather like that would be the last heard of him. But seamanship had to be taken into account. One rating threw a buoy over to mark the spot. The ship came about in a sweeping circle. Lookouts kept an eye on the spot.

They didn't bother calling for volunteers for the lifeboat. More than enough were waiting at its side by the time the first officer raced up to take it over.

The launching was tough, in seas like that. But once overboard, the drenched boat crew fought their way to the spot where Girardo bobbed. And there got him, fishing him out minutes after he had landed in the water.

Getting him back to the corvette was another big job, in that weather. So was the task of getting the boat aboard. But they accomplished it.

COMPLIMENTARY TROOPS

General Sir Bernard Montgomery has paid Canadian troops one of the highest compliments. Speaking of the Sicilian campaign, he said: "You handled yourselves according to the best and highest standards of any army in this very short, model little 36-day campaign. It has been said that it was a great honor for the Canadians to be in the Eighth Army, but I saw that it is a greater honor for the Eighth Army to have the Canadians."

The use of a burning lens to generate fire was known to the Greeks.

In "All Clear"



Maureen Harrington as she appears in "All Clear," second R.C.A.F. service revue. The Edmonton girl sings and dances, and helps with scenery and costumes.

Air Liners Of Future

Great Air Ships May Compete With Ocean Liners

What's coming in the way of air transport, when the engineers get ready to it, after the war?

The Ottawa Journal has an absorbing prospect in that British, London despatches tell us, has given the green

"light" for a "Queen Mary" of the skies, a transport passenger plane so big and fast and comfortable that even in these days, the possibility makes us blink our eyes.

On a Pan-American Clipper they carry as many as 50 passengers—one may lose in luxury.

They will sit upright, enjoy for coffee (a scotch and soda), enjoy

a full-course dinner, sleep in a comfortable berth, rise in the morning to play comfortably in a spacious washroom. But this "Queen Mary" of the air will be vastly bigger than the clippers, carrying 150 passengers, travel 100 miles an hour faster, fly away up in the stratosphere and, no doubt, have all the luxuries of an ocean liner.

That is what the world is coming to.

To. For a return passage on the clipper—New York to Lisbon and back—the fare is roughly \$750.

On this new giant British airplane

no one there will be fees of

them; the fare will be \$200 one way;

about the cost of a passage on the average ocean liner.

There's the dealer who wanted 20 carloads of trees. He was told labor

was unavailable for cutting the

Christmas tree, since some service

officials will issue work permits for such employment.

He was told that

carrying the trees in flat and open

cars or box cars suitable for trans-

porting products like grain. He was told motor truck operators won't get

permits for such loads.

There is one loophole. If a farmer

decides to spend a few days in his

wooded cutting trees, puts them on

his wagon and hauls them to town,

there's nothing to stop him. But,

with a fuel shortage, officials say

they think he would be better em-

ployed cutting wood fuel.

Another problem, of course, is that

some Christmas tree seekers will help

themselves. Gasoline rationing and

ice troubles have limited operations

of such gentry, but officials said

owners of tree plots near cities will

do well to be on guard.

APPROPRIATE NAME

White man's road building equipment, used in construction of the Canal pipeline, has "Indians" agape, but never long at a loss for a name. They have dubbed the bulldozer, for example, "shleentcha" or "big dog."

Food Shortage

Entire World Is Running Into A Food Shortage

Britain's immediate food supplies are scarce, and the people have been warned that next year they might have to take another notch in their belts, already pulled fairly tight from four years of rationing.

Food Minister Woolton sent his Parliamentary Secretary, William Mahane, to Canada and the United States for a personal survey of prospects, and Mahane, reporting on the chances of obtaining increased supplies, said:

"While the spirit would remain willing the flesh was likely to become weaker. The impact of war and in particular of the manpower draft on American domestic economy is likely to make surpluses of essential foodstuffs harder to come by."

The Minister in an interview stated that with the exception of cereals the whole world is running into a food shortage.

"At the present rate of consumption we are eating up all that we can produce," he said. "The only method I am doing most of my time is to try to encourage the food-producing countries throughout the world to grow more food, to produce more meat, more dairy produce, more eggs."

A factor in the problem of making supplies fit the needs, Lord Woolton said, is the fact that as a result of increased war-produced employment "a vast body of the public now for the first time in its life is being provided with the means to buy all the food it needs."

Carried On

Saskatchewan Airman's Feat Is Rated As Gallant

With the port outer motor of his Halifax bomber going out of commission 170 miles from the target, a 21-year-old Saskatchewan pilot—PO. Harold Brown, of Biggar—carried on with three motors and passed Nuremberg from 9,000 feet, the Royal Canadian Air Force announced.

Although Brown's feat is rated as "gallant" by his superiors, the young skipper said, "I seemed the only thing to do because there were hundreds of other bombers coming along behind us."

On the motor sputtered feebly and conked out the Halifax was at 17,000 feet, but with a full load could not maintain height and the plane fell 8,000 feet before the bombing run was made.

On the way out from the target they came pretty close to us with flak but we were able to get away from the stuff by doing a little weaving."

The young pilot praised the work of his navigator, FO. Lloyd Leshko, Saskatoon, Sask., who brought the "big kite" safely back to its base. "Lloyd put up a good show," Brown said. "He kept us on track all the way."

Shakespeare's vocabulary consisted of 21,000 words, or seven times that of the average person of today.

They Like P.T.!

American Publisher Would Pay Churchill \$250,000 For Story Of War

The London Daily Mail's New York correspondent, Don Iddon, reported in a despatch to his paper that an American publisher whom he did not identify had offered Prime Minister Churchill \$250,000 for his own story of the war to be written as soon as victory is won.

Iddon answered that so far Mr. Churchill has answered neither yes nor no.

LOTS OF FOOD

Workers In Yukon Territory Are Gaining In Weight

Do you thirst for that extra cup of coffee, yearn for thicker bacon or butter, hunger for jam and honey? Then if you can't join one of the services, go north, young man, go north.

There is no rationing in the Yukon Territory and Northwest Territories, and in construction camps for projects such as the Canal pipeline, the slogan is "Take all you want" with the rider, "But eat all you take."

Tables groan with food—an average of six pounds per man per day. "The majority of men gain weight from five to 25 pounds in a few months, despite the hard work," says Vice-Admiral of San Francisco, chief of staff for Bechtel's Alice-Calling camp construction team. "We had some 40 pounds."

Laval himself used to be a banquet manager at the Hotel New Yorker in New York, and has many former hotel chefs working under him. Cassius Smith, cook at a line camp, worked in the kitchen at Hotel Stevens in Chicago, can turn out a tasty meal at a moment's notice although some 27 miles from the base camp and confined to a "caboose" kitchen which was towed up the kitchen on skids.

Laval has to order one year's supplies at the needs, Lord Woolton said, is the fact that as a result of increased war-produced employment "a vast body of the public now for the first time in its life is being provided with the means to buy all the food it needs."

Without considering freight charges the average cost of meat is 33 to 36 cents, but freight sharply increases those costs, running to about \$5.80 per pound. For example 100 pounds of potatoes cost \$2.40 in Edmonton, would cost about \$9.20 in Camp Canoe.

In the male camp kitchen the cooks care about their work industriously, more as if they were in New York than less than 100 miles from the Arctic Circle. They bake most of the bread for the area, send out dry goods to line camps in a specially-equipped truck.

Despite the generous servings there is little waste. Leveal boats that meals are figured so accurately at Camp Canoe that one-half pail of garbage a day is the maximum.

A Generous Offer

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R.C.A.F. Photo

The new "Duty-Fitness" program of the R.C.A.F. emphasizes obstacle courses as conditioners for combat flying. Up and down gigantic steps ladders go these airmen as they race to beat "par" for the course established at a depot where the men await embarkation for overseas theatres of war.

Buy War Savings Stamps Regularly.

COURSES OF STUDY FOR WAR PRISONERS

Canadian Prisoners Of War Find Existence Brightened By Education Program

Behind the muller, grey walls of Stalag prison camps in Germany, arithmetic and scientific brain-teasers have brightened a humdrum prison existence for scores of education-hungry Canadian prisoners-of-war.

That Canadians held at Stalag are grasping eagerly at the opportunity to study is evident from a letter written by Sgt. David Walton, a Dieppe veteran, in which he said cold physical realities are almost forgotten by prisoners taking courses.

And that coming from a man whose wrists have been shackled for weeks and whose ordinarily husky frame has shed forty pounds since Dieppe, is proof enough of the worth of the education program, says its sponsors, Canadian Legion Educational Services.

Sgt. Walton is typical of hundreds of Canadians in enemy hands who have had hopes for the future spurred, and long prison hours brightened, by a little-publicized program undertaken among prisoners-of-war by the Legion.

Official Army cognizance is necessarily lacking but a keen, unusual interest in war work has been shown by the Directorate of Army Education—the agency charged with the overall educational program among the troops.

Inauguration of the Canadian Legion program among prisoners stems back to an agreement concluded between interested Governments which allowed prisoners, held by both the Axis and the Allies, to study certain subjects.

As word of the courses spread through the prison camps, the trickle of requests grew to a flood. Education had suddenly bounded to a position of prominence in the lives of men who had long ago spent their last day at the "little red schoolhouse."

If requests from captive Canadian soldiers, sailors and airmen are any indication, Canada will be a country of farmers, linguists and lawyers after the war. Popular courses are forestry, business law, medicine and air conditioning.

Varied interests always mark a cosmopolitan people, and many odd requests have spiced the mail from prisoners arriving at Canadian Legion Educational Services offices in Ottawa. One Canadian soldier asked for a course on yeast fermentation; several others sought instruction in veterinary practice.

Germany authorities, so far as is known, have interfered little in the educational program among troops in their hands, although some subjects, notably navigation, are strictly forbidden. Italian officials, on the other hand, are reported to have confiscated Legion textbooks, entering that country.

The Canadian Legion Educational Services stand in and out all individual requests coming directly to Canadian or London Headquarters, and provided all courses without cost to Canadian or British Internees and their allies.

Before long it was realized that much time could be saved by the installation of a depot of courses in Geneva, and at the request of the International Red Cross, a depot has now been organized under their auspices at Geneva, Switzerland, and thousands of courses, from the elementary to university level have been accumulated for distribution. Questionnaires were circulated beforehand among prisoners held in Germany and their requirements ascertained.

Prisoners of war apply for these courses now by special application from through the Senior Officer of the prison camp or through any of the voluntary organizations which are represented on the Consultative Committee at Geneva, and instead of meeting requests from Canada or London, England, courses are now sent from the Geneva Depot to the student, and the Canadian Legion Educational Services Overseas Director makes arrangements with civilian instructors and with the University of London for the marking of prisoners' papers, which reach him through Geneva, after having been censored.

There are 900 steps in the shaft of the Washington Monument. The Monument contains enough room to house an army of 12,000 men.

The bush-hut and American titmouse, builds the roof of its nest, then works down.

Aristotle thought the brain was a great sponge through which the blood passed to be cooled.

And All The Trumpets Sounded



R.C.A.F. Photo

Airmen of four nations look upon the names of Canadians whose sacrifice is recorded in the Book of Remembrance at the Peace Tower of the Canadian Parliament Buildings. Trained at R.C.A.F. Schools under the British Commonwealth Air Training Plan, these flyers were taken on a tour of Ottawa before leaving for operations overseas. They found a particular interest in the names of Canadians who had given their lives during the First Great War. Seen from left to right: Sgt. Eric Dilmarsch, Netherlands; Sgt. Michael Kinsella, Waterford, Eire; Sgt. Reginald Herbert, Surrey, England; Pilot Officer Harry Guy, Belgium; Flying Officer R. V. Key, Czechoslovakia; and Pilot Officer Alan Smith, Belgium.

About Linoleum

Was Invented By English Chemist Nearly 100 Years Ago

Linoleum was discovered, or more properly invented, by accident nearly 100 years ago. The English chemist Frederick Walton was engaged in experiments to improve the floor covering of those days. One day he accidentally lifted a piece of dry paint from the top of an open can. At once he realized that he had something in this lump of dried paint. Looking into the matter, the chemist found the substance was nothing more or less than linseed oil exposed to heat. That was the beginning of linoleum.

Nowadays, after linseed oil is oxidized, it is mixed with a kind of wax and coloring in immense cauldrons. Color and colourless pigments are added. When mixed, they become a fluffy soft mass. It is poured on a base where immense rollers finish the job. This "green" linoleum is hung up in tightly sealed rooms at 150 degrees Fahrenheit for several weeks to age. It eventually comes off the roll as a fine, elastic floor covering.

When a linoleum floor is dirty, wash it with a mop or floor cloth wrung out of a mild soapy solution, never with a harsh soap. After the floor has been cleaned, two thin coats of a good liquid wax, if available, should be applied. The second coat should be polished before it becomes dry.

A ship that sinks off the coast of Mindanao, of the Philippine group, will continue down almost seven miles, this being the deepest known place in any ocean—35,400 feet.

Hair pins and bobby pins required enough steel in 1941 to make 133 three-inch anti-aircraft guns.

GEMS OF THOUGHT

CONFIDENCE

Confidence is that feeling by which the mind embarks in great and honorable courses with a sure hope and trust in itself.—Cicero.

There is a confidence necessary to human intercourse, and without which men are often more injured by their own suspicions, than they could be by the perfidy of others.—Burke.

By mutual confidence and mutual aid Great deeds are done, and great disasters averted.—Horace.

The presence of mistrust, where confidence is due, whether the flower of Eden and scatters love's petals to decay.—Mary Baker Eddy.

If we are truly prudent we shall cherish those noblest and happiest of our tendencies—to love and confide.—Bulwer-Lytton.

To trust God when we have securities in our iron chest is easy, but not trustworthy; but to depend on Him for what we cannot see, as it is more hard for man to do, so it is more acceptable to God.—Feltman.

GERMAN CASUALTIES

Lord Selborne, Minister of Economic Warfare in Great Britain, said that 1,000,000 German troops have been killed in this war, and that nine-tenths of the Nazi losses were suffered in Russia. This is more than twice the number of Germans killed in the last war, out of an army of eleven million, and gives the scale of the mighty battles which have raged in Russia since June of 1941.—Hamilton Spectator.

In proportion to its body, the ant has the largest brain of any living creature.

Nazi Raids

Blasted 5,000 London Water Main In Autumn Of 1940

In the first two months of the heavy Nazi raids on London in the Autumn of 1940, 3,000 water mains were damaged but all were repaired almost at once. Herbert Morrison, British Minister of Home Security, disclosed in a statement quoted by BBC. Morrison attributed this fact to "sound plans, made even before the war broke out, to deal with the bomb menace to the capital's water supply."

Morrison gave no details of these plans, the BBC said, "but he believed they would be of increasing value to the Germans in meeting the growing R.A.F. offensive."

Back On Job

British Seadog Recovers From Dive Bomber Attack

A British seadog from away back, "Ginger" Milton is back again. He was out for three years recovering from the effects of a Nazi dive-bomb attack on his small motor-coaster. Direct hits smashed the holds and capsized the crew.

Milton breached the ship in blood and cement, cursing the Nazis. His feat in saving his ship won him the M.B.E. but it retired him from the sea for three years.

Now, past 60, one of Britain's best known coastal skippers, he is back again aboard a new coaster.

The Canadian Army Overseas is made of two corps, one of three infantry divisions, the other of two armored divisions. Besides these there are large numbers of ancillary or corps troops.

Tactical Air Force Pilots Plan "Ops"



R.C.A.F. Photo

Squadron Leader H. P. Peters, D.F.C. of Edmonton (centre) assigns pilots of his Mustang squadron to their positions for a forthcoming operation from an advance R.C.A.F. airfield. The squadron is a unit of the R.C.A.F.'s new Tactical Air Force. P.O. Joseph L. Rouseau, of St. John's, Nfld., is from left to right the others: P.O. Sam Moulton, Saginaw, Ont.; P.O. James C. Davidson of Plaster Rock, N.B.; P.L. Rees Richard, Montreal West; P.O. Duncan H. Lewis of Belleville, Ont.; P.O. Malcolm Sinclair, of Richmond, Que.; P.O. Martin "Bob" Keay of Louisville, Ky.; S.L. Peters; P.O. Clyde East of Chatham, Va. (bare-headed); P.O. R. C. J. Brown of Halifax (part of face just showing); P.L. Kent L. Morham, of St. Lambert, Que.; P.O. John C. Youngs, of Camrose, Alta., and P.O. William Tupper Blakeney of Toronto.

Health League of Canada presents TOPICS of VITAL INTEREST

NATIONAL HEALTH INSURANCE

"There is no greater danger to a democracy than a disillusioned people," V. R. Smith, life insurance executive warning in an address to the Canadian Public Health Association here, when he spoke on the proposed national health insurance plan.

In an address on "First Things First," Mr. Smith said that not until after the war would staff be available for adequate public health services throughout Canada.

He called for immediate action.

Thanks to a friendly organization of war production, it will in future be possible to produce 30,000,000 pairs a year—an average of four pairs for each child.

Smith said that in this way, perhaps, but they all point in the same significant direction. Britain has passed from the defensive and is moving forward with the same relentless determination on the road to victory.

Proud Of Britain's Women

Outstanding among recent events has been the great national conference of the National Council of Women of Canada, addressed in London's Albert Hall by the Prime Minister and other Government leaders. The 6,000 women who attended came to confer on the welfare of life; every interest was represented; there were housewives and factory workers, shop assistants and clerks, mothers and young apprentices not long finished with their schooldays.

They were invited to ask Mr. Churchill, Mr. Eden and Dr. Dalton and Mr. Eden and all the other members of the Government who were there, whatever questions they liked.

It was decided that the

High Standard Of Health

In spite of the strain of four years of war, in spite of the long days and nights of unremitting toil the health of the British people has improved, so much so that the death rate among civilians shown in the latest return was the lowest ever recorded—and that includes deaths from fiscal policy.

Touching briefly on national fiscal policy, Mr. Smith lauded the Federal Government's achievements in controlling inflation and said that "should the dam break and a runaway inflation ensue, there will be immediate to prospect of health insurance in Canada."

We Need The Old Ideas

Must Turn Again To The Faith Of Our Fathers

Premier Drew's speech made good sense. This, for example, he said at Guelph, his home town, recalling his youth there:

"We believed that Canada was a land of opportunity. That the work produced results, that success was not just a racket, and that we had been given the opportunity to live in just about the very best place in the world."

To an extent many failed to appreciate, Col. Drew went on, those dreams had been fulfilled. Nevertheless a new "order" was being created and he saw an outstanding danger that this new order would be based on appeals to prejudice rather than reason. For Canada he wanted to see this new order one of "courage, security, opportunity and goodwill," and founded on "those simple fundamental principles of the Christian faith which are at the root of our civilization of society."

"We need a clear and understandable faith not alone in our religious beliefs but in those loyalties which make a nation strong. I believe that we must turn again to the faith of our fathers which built this nation and gave to us so rich a heritage for our children."

This we think, is extremely sound. To build a better future we should build on the foundations of the past. We must save what is good and make it better, apply the lessons we have learned in our own experience and through observation of the world about us. And to do we have to go back to the old ways of the world.

Canada nothing worth saving, that we must cut loose from all our traditions and start over again, is false and stupid. Actually this country has done wonderful things in its short national existence. Long before the war our material accomplishments had made us outstanding among the nations, and this war has proved again our essential stability, our great industrial strength, the vigor and courage of our people.

Perhaps we need not so much a new order as a renewal of the old order with improvements—not a house new from basement to attic, but a house plain and modern, equipped to give all the people the greatest possible benefit from a world of plenty and (we hope) peace.

Ottawa Journal

VERY HARD TO FORGET

Not surprising surely to find Haile Selassie refusing to grant Italy the status of a co-belligerent. The massacres of helpless Ethiopians by

Italians are too recent to be forgotten or glossed over.

Neptune's satellite is supposed to be about as large as our moon and it moves around the planet in a little less than six days.

Navajo Indian weavers carry their designs in their heads and never repeat a pattern.

LETTER FROM BRITAIN

Lowest Civilian Death Rate On Record As Birth Rate Rises Again—Safeguarding Soldiers Against Malaria.

(By Sidney Hornblow)

More and more does Britain's home front reflect the nation's ever growing strength and confidence. Attainments of allied supremacy and the improvement in the shanty situation have already brought minor relaxations of the blackout, and introductions of the newspaper restrictions.

There will be just a little more light for those who travel after dark, more newspapers in circulation to the Forces, and more changes from overseas for the children.

Thanks to a friendly organization of war production, it will in future be possible to produce 30,000,000 pairs a year—an average of four pairs for each child.

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The birth-rate was the highest since 1939.

Nine per cent of Britain's industrial catering staffs are now units in an organization known as the National Society of Caterers to Industrial Workers. The membership is 2,000 caterers for war workers providing 2,000,000 main meals and other refreshments daily. In many cases refreshments are free. The first President of this National Society of British Caterers, Sir Francis Joseph, who is a past president of the Federation of British Industries, declared that the feeding of Britain's war workers has been one of the miracles of the war. It has had the effect of making the British worker more efficient and of reducing the cost of living.

Now, on 22 young women, members of the Friends' Ambulance Unit (Quakers) who have submitted themselves for the experiment.

The eight ships go on to make the lot of the fighting men as little burdensome as possible. Britain's scientists, in search of a drug to take the place of quinine in the battle against Malaria, have made progress which may prove to be one of the most important in modern medicine. Their formula is closely guarded. It is being tried now on 22 young women, members of the Friends' Ambulance Unit (Quakers) who have submitted themselves for the experiment.

The new drug in pill form, and each one of the 25 has now been bitten by malaria carrying mosquitoes which were taken to the laboratory to test it. If they do not get Malaria and there is no indication yet that they will, then a great advance has been made in the treatment of this scourge of the tropical battlefields.

Post-War Planning

One of the biggest towns on the outskirts of London, Croydon, the scene of London's former Civil Air Raid Control, is now a planning consultant to re-design the lay-out of the Borough on entirely new lines.

There are to be more schools, open spaces, more open spaces, more shopping areas, and in the centre of the town a public omnibus station with parks for 2,000 cars. A central block of buildings, four hours apart, contains technical and art colleges. There are to be more shopping, cultural and entertainment facilities.

Large tracts of land are to be set aside for use as "people's parks." A survey of woodland and moorland suitable for the purpose has already been made. The Parks Commission may perhaps be created. Members of the public will be invited to sit on this commission, which will be answerable to Parliament through the Minister of Town and Country Planning.

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WORLD HAPPENINGS BRIEFLY TOLD

Maj.-Gen. Jean Knox, director of Britain's auxiliary territorial service, has resigned because of ill health.

Malta's famous "Victory kitchens" — communal kitchens where all classes of the population were served during the siege have been closed.

Patricia Mountbatten, elder daughter of Lord and Lady Louis Mountbatten, has joined the Women's Royal Naval Service. She is 19.

Japan is reported to have an artificial "meal" made from proteins, vitamins and other substances extracted from wheat-stalks, sweet potatoes and various materials.

Old London taxicabs are being stripped to provide essential parts, for operating cabs, thus alleviating to some extent the acute shortage of spare parts.

The ashes of Admiral Sir Dudley Pound, who died 16 days after he resigned as First Sea Lord, were scattered at sea after funeral services.

More than 40,000,000 books have been collected in Britain in a national drive to collect books for the armed forces, for restocking bombed libraries and for salvage.

At the urgent request of his advisers, Prime Minister Churchill has agreed not to fly on any future state journeys except in cases of extreme necessity, the News of the World said.

Since war started, the International Red Cross committee at Geneva has dealt with more than 50,000,000 letters, all concerning prisoners of war and missing persons, from their next of kin.

SMILE AWHILE

Customer (heatedly)—You ought to be in the war instead of in the grocery store.

Proprietor—What makes you say that?

Customer—No enemy could stand up to the way you charge.

Johnny (at zo)—Isn't that monkey just like Uncle James?

Mother—Don't be so rude.

Johnny—But the monkey didn't hear.

Judge—Why did you steal the lady's carpet?

Tramp—I did.

Judge—She says you did.

Tramp—She said take the carpet and beat it.

Husband—My dear wife, I have taken you safely over all the rough spots of life, haven't I?

Wife—Yes, but don't believe you missed any of them.

Wife—What's the idea of poking the broom in the baby's face this morning?

Hubby—I just wanted to get him used to kissing his grandfather.

Man—Watcha cryin' for?

Boy—I lost my nickel.

Man—Where?

Boy—In Virginia.

Man—How come?

Boy—She swallowed it.

"Have you got so that you can digest classical music?" asked M. Newrich.

"I think so," replied her husband.

"When a piece threatens every minute to be a tune and always disapproves you, it's classical."

Judge—It seems to me I've seen you before.

Prisoner—You have, your Honor. I gave your daughter singing lessons.

Judge—Thirty years!

"Johnnie, what did you have for breakfast?"

"Teacher, I et six eggs."

"Why, Johnnie! You should say 'ate'."

"Well, maybe it was 'eight' that I et."

Captain—Well, Private Smith, what do you have for dinner?

Private—Taters, sir.

Captain (to sergeant) — What does he mean by "taters", sergeant?

Sergeant—It's only his ignorance, sir. He means "spuds".

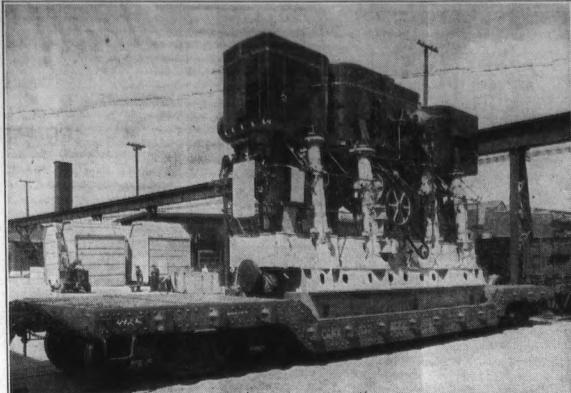
Lord Blank (off telephone)—Hello! Hello! Please reserve a box for two for tomorrow night.

Voice—Sorry, our boxes are only for one.

Lord Blank—What do you mean? Aren't you the Grand Theatre?

Voice—No. I'm Smith, the undertaker.

Marine Engines Made And Carried By C.P.R.



—Canadian Pacific photo.

Huge marine engines for Canada's busy shipyards are here shown on a Canadian Pacific Railway depressed-centre flat car ready for shipment from the C.P.R.'s Angus Shops in Montreal, where they have been made since the completion of an order there for 1,400 Valentine tanks which saw battle service in Russia and North Africa. In being carried to their destination in Quebec City the engines require special handling to squeeze them past permanent installations such as bridges with advice on their movement being given by the company's engineering department.

Nazis And The Church

No Teaching Of Christianity For The New Order In Germany

"Nothing will prevent me from tearing up Christianity root and branch—and annihilating it in Germany. We are not out against the hundreds and one different kinds of Christianity, but against Christianity itself," Hitler.

"Both the Catholic Church and the Evangelical Confessional Church, as they exist at present, must vanish from the life of our people," Alfred Rosenberg, Nazi "cultural expert."

"The teaching of mercy and love of one's neighbor is foreign to the German race, and the Sermon on the Mount is . . . an ethic for cowards and idiots."—From Nazi textbook, "Bolshevism in the Bible".

PROTEIN CONTENT OF WESTERN WHEAT

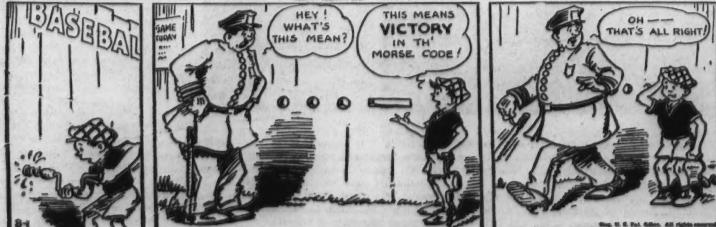
For the 12-year period 1927-1938, the average protein content of most of eastern Canadian wheat is estimated as 12.5 per cent. If no wheat had been shipped from the northern zone, the report of a recent investigation, the average protein level would have increased by about 0.5 per cent.

THIS CURIOUS WORLD

By William Ferguson



REG'LAR FELLERS—Perfect



Air Force Graduates

From No. 8 Bombing And Gunnery School At Lethbridge

Has Proud Record

British Aircraft Carrier Celebrates Quarter Century At Sea

H.M.S. Argus Great Britain's first flush-deck aircraft carrier, has celebrated her 25th year at sea. Built originally with a sloping deck to aid low-powered aircraft in taking off the Argus was modernized in 1939. Last year she supplied Malta with planes and participated in the North Africa landings. Since that time she has been serving as a battle school for pilots.—New York Sun.

TRINIDAD RESOURCES

Trinidad is the British Empire's principal producer of petroleum, and export sugar, citrus fruits and wild rubber. All of Trinidad's exportable surplus of wild rubber is to be bought by the U.S.A. until the end of 1946.

The annexation of the Hawaiian Islands to the United States occurred Aug. 12, 1897.

In Valetta, Malta, grain is stored under the street. Grain elevators are sunk in the ground to protect the grain supply from the sun and keep it cool and dry.

X-X OUR CROSSWORD PUZZLE X-X

No. 4851

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20			
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25	26				27	28			29	30	31	32
33		34							35	36		
37					38	39			40			
44	45	46	47		48	49			50	51	52	
53					54				55			
56					57				58			
59					60				61			

HORIZONTAL

- 1 Refuse
- 2 Bone
- 3 Monk
- 4 Monk
- 5 The cattl
- 6 Anteater
- 7 Imago
- 8 Female ruff
- 9 Plum-like fruit
- 10 Polka-dot snake
- 11 Skinned platform
- 12 Rained
- 13 Raised
- 14 Skinned
- 15 Gaeil
- 16 Athena
- 17 Abominat
- 18 Skinned
- 19 Rained
- 20 Copper coins
- 21 To deposit
- 22 Bashful
- 23 To abomi-
- 24 nate
- 25 Japanese
- 26 Balanced
- 27 To complain
- 28 Stone at the base of a wall
- 29 Fervor
- 30 Burmese demon
- 31 Rented
- 32 To cool

VERTICAL

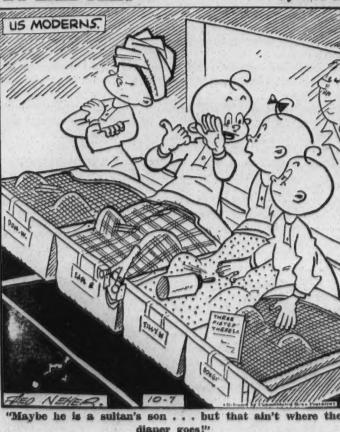
- 1 Barn
- 2 Tree-shake
- 3 Helped
- 4 Web-footed
- 5 Birds
- 6 Most un-
- 7 Siamese coh-
- 8 Unusual instance
- 9 Wolfhound
- 10 Tortoise
- 11 Debbie
- 12 Cold
- 13 Tropic
- 14 Greek
- 15 Goddess
- 16 Nostrilia
- 17 Slang
- 18 Energy
- 19 To place
- 20 Japanese drama
- 21 Potato
- 22 Cutting-tool
- 23 Preposition
- 24 High point
- 25 Norwiche
- 26 Topaz hum-
- 27 Bird
- 28 Pot
- 29 Pot
- 30 Greek
- 31 Literary
- 32 To place
- 33 Japanese drama
- 34 Drama
- 35 Potato
- 36 Potato
- 37 Eat away
- 38 Slang:
- 39 Pot
- 40 Cues
- 41 Pot
- 42 Pot
- 43 Pot
- 44 Pot
- 45 Pot
- 46 Pot
- 47 Pot
- 48 Pot
- 49 Pot
- 50 Pot
- 51 Pot
- 52 Large sword
- 53 Anglo-Saxon money

Answers to No. 4850

C	A	P	N	O	L	A	Z	I	B	E	R	D
G	F	E	D	C	B	A	H	G	F	E	D	C
A	B	C	D	E	F	G	H	I	J	K	L	M
M	N	O	P	Q	R	S	T	U	V	W	X	Y
Q	R	S	T	U	V	W	X	Y	Z	A	B	C
O	P	R	S	T	U	V	W	X	Y	Z	A	B
S	L	I	P	B	O	X	R	O	S	T	U	V
L	A	B	C	D	E	F	G	H	I	J	K	M
O	N	I	E	S	T	R	A	B	C	D	E	F
G	I	P	T	S	E	L	A	B	C	D	E	F
S	P	E	C	I	A	M	N	O	P	Q	R	T
R	E	N	T	I	R	E	P	R	E	S	T	U
E	S	I	R	D	E	R	I	N	E	S	T	U

LIFE'S LIKE THAT

By Fred Neher



BY GENE BYRNES



**YOU MAKE THE
FINEST BREAD!**

**I USE THE
FINEST YEAST!**

Makes delicious
SATISFYING Bread!
No big holes!
No doughy lumps!
No sour taste!

7 OUT OF 8 CANADIAN
WOMEN WHO USE DRY
YEAST USE ROYAL!

ROYAL YEAST CAKES
MADE IN CANADA
SWEET BREAD

Beau Jonatban by J.B.Ryan

CHAPTER IX.

The girl straightened at Jonathan's words, her eyes wide with surprise. She was wearing a white mask which had been backed against the desk. She was obviously trying to screen from Jonathan the fact that had been forgotten; her attention had been drawn to him. Jonathan had glimpsed already his own purpose and the gold scattered over the little table-top.

"Anne, my girl," Jonathan raised his brows. "Has Sir Maurice paid you so little that you must steal from me? Or have you some ready explanation for your presence in my quarters?"

The girl lifted her hand and slowly removed the mask from her face. "I did not come to steal, Jonathan." The maid stood open-mouthed, the desk-block with an amazement. The surprise that had been his when confronted unexpectedly with Lord Farquhar was nothing compared to the one that went through him now at sight of the girl's face. He had not been mistaken, then, about that reddish hair—

"Anne!" he managed to gasp.

Jamison nodded. "Yes, Jonathan, we meet again."

"Anne!" he cried once more. Then a long strike took him to the desk back again. But before his out-stretched arms could close about her, the girl said:

"Do not touch me—you murderer!"

"Anne!" He tried to smile. "Sir Maurice, Beau Jonatban, Sir Maurice?"

"I recognized you down in the ball room," she said stoutly. "I joined those nummurs merely to come here—to see for myself. Master Hale, Hale, who was all London is talking in."

It was the Jonathan Hale I knew.

I did not see how a poor Puritan from Wimmett could be the new beau of London unless—

"Anne, I don't care what you think! From the bottom of my heart I thank God that you are free. Ever since you ran away from me the thought that you were in the power of that man has been a torment."

He gestured toward a chair. "If you will sit down, Jonathan, I shall tell you everything that happened."

"Once again he was taken aback."

"I need to explain, Master Hale. I know how you have achieved all the magnificence in which I find you. When you entered this room, was I not mad to turn my eyes to the watch as if it were a sun? Summoned, Jonathan, I too, have a story for their ears."

Once again he was taken aback.

"But what do you mean?"

For answer he turned, lifting the emptiness purse holding the flap so he could view the embossed lettering stamped into the leather. "Chaucer is a son god," he said. "Frederick for him and translated: 'Every man to his taste.' That was Denys' favorite motto. Almost every man in Europe and London can identify it as his property."

"I see," he nodded. "Then you believe, Mistress Anne, that I killed Denys."

"What else am I to think?" she countered. Then, in spite of herself, her voice faltered.

**WHEN NERVOUS TROUBLES
MAKE ME "SHAKY"
I FIND DR. GILES' NERVINE
HELPS TO RELIEVE NERVOUS
TENSION AND CALM
JITTERY FEELINGS**

There's plenty these days to make people nervous. And overtaxed nerves can turn any thoughts and days into misery! If you suffer in this way, try Dr. Giles' Nervine—quick! Dr. Giles' Nervine which contains well-known nerve sedatives. Take Nervine according to directions for half a tablet daily. It relieves sleeplessness, hysterical conditions, nervous fears; also to help headache and toothache due to nervousness. In the meantime, eat natural food... get your vitamins and take sufficient rest. Effercising Nervine Tablets are 35¢ and 75¢. Nervine Liquid: 5cc and \$1.00.

Vermilion Oil Wells

Railway Is Taking Entire Output
For Western Lines

R. C. Vaughan, chairman and president of Canadian National Railways, announced that Canar Oils Limited, a subsidiary of the C.N.R., has begun production of fuel oil from wells in Vermilion, Alta., for the railway's locomotives in western Canada.

Canar Oils controls 620 acres of Vermilion, where 30 wells have been drilled, 10 of which are producing 350 barrels a day. A total of 60 wells is planned.

In addition, the railway is taking the entire output of the Vermilion refinery company's treating plant close to Vermilion, the announcement said.

"We are opening the wells," Mr. Vaughan said, "as a wartime measure of precaution to secure an adequate supply and reserve of fuel oil for the railway's western services."

Calories And Crackers

Great Difference In The Calorie Values Of Different Foods

(By Molly Oldale)

Calories are units of measurement used by nutritionists to express the potential energy value of foods and the energy requirements of the human body. Calories have nothing to do with food classifications, such as proteins, fats or carbohydrates, or with vitamins.

The number of calories needed each day vary according to age, sex, and degree of employment, from 900 to 2,000 needed by an infant up to 4,000 needed by men engaged in active work.

Calories of both sexes, regardless of activity, should never have less than 2,000 calories a day.

There are great differences in caloric values of different foods.

Butter ranks highest, with 375 calories to the pound. Biscuits and soda crackers next, with 1976 calories per pound, with chocolate ranking at 1670 calories to the pound. The lowest of all is spinach, which has only 110 calories to the pound.

The following table gives a sound scientific basis for the perennial popularity of crackers and cheese.

This simple diet—biscuits and soda crackers with cheese, contains the three food items that are at the top of the calorie list.

The high calorie value of biscuits and crackers is due to the wheat flour, which is many other food ingredients they contain, plus the elimination of moisture, or dehydration, which results in a crisp, tasty biscuit that can be kept moist indefinitely with adaptability in menu-making.

Five Star Fashion

Record Chalked Up By Members Of The Gutta Percha & Rubber Limited

Imagine working for one firm from 25 to 56 years!

That's the record chalked up by 266 members of the Gutta Percha & Rubber Limited, staff throughout Canada.

So unique in the history of the rubber industry of Canada—or even Canada's—was this record that the record of the firm celebrated by presenting to each of the members an engraved watch.

In Toronto over a thousand employees gathered on October 8th, at a reception in the Royal York Hotel to the 244 Old-timers from that city and the President M. F. A. Warren and the Past President and the respect for all his old friends' and regret that he could not be present at like banquets held on the same day in Montreal, Quebec, Victoria, Moncton and Halifax for 22 other members of the 25 Year Club, while at Edmonton, October 15 was the date.

Mr. George H. P. French, Past President of the 25 Year Club in Wales, J. Scott, a senior member with 56 years service to his credit, and on behalf of the Charter Members, he presented a desk set to Mr. Warren.

There is something heart-warming and non-commercial about a firm which so respects and recognizes its men who have been faithful and loyal to the firm, the spirit of the firm generation too, because without this spirit wars will have been fought in vain. After all one quarter of a staff numbering over 1,000 to have served 25 years or more is some record!

NEWFOUNDLAND'S WAR EFFORT

Out of a male population in Newfoundland of 40,000 between the ages of 20 and 40, more than a quarter have volunteered to serve abroad.

Numbers of these men are with Newfoundland Artillery Regiments of the United Kingdom forces; with the Royal Navy, the Royal Air Force, the Merchant Marine and the Forestry Unit. Many have enlisted in the Canadian armed forces.

Patten 4542 comes in Junior Miss sizes 11, 13, 15, 17. Sizes 13, jumper, 1 yard—rayon fabric;

blouse, 1½ yards contrast.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this pattern. Write to: Wm. Adams, No. 1, Address: and Style Number and send to the Anne Adams Pattern Union, 176 McWhinney Ave. E., Winnipeg, Manitoba. We will mail the size chart and the mail delivery of our patterns may take a few days longer than usual."

Many a college and business wardrobe—causes stuffy head, watery eyes, nasal drops and distress, but a few drops of Vicks Va-Tro-Nol in each nostril will clear it right up.

Vicks Va-Tro-Nol is so successful because it does three very important things: (1) shrinks swollen membranes of the sinuses; (2) clears up discharges causing congestion and (3) soothes irritation. Many catarrh sufferers find relief when they've found Vicks Va-Tro-Nol.

Vicks Va-Tro-Nol
VICKS
VA-TRO-NOL

Venice, Italy, is farther north than Vladivostock, Siberia. 2540

MAKE YOUR OWN CIGARETTES WITH
MACDONALD'S
Fine Cut
THE FINEST TOBACCO YOU EVER SMOKED

12M

Japan Optimistic

High Officials Confident They Will Eventually Win The War

High Japanese officials appear to expect that Germany will collapse, but declare the war will continue for years after that, a Chilean correspondent for Imperial of Santiago, returning home on the exchange ship Teia Maru asserted.

The correspondent said the official Japanese position was that the German collapse would not affect the Japanese greatly because Japan was prepared to stand alone. On the other hand, the Japanese feel that Germany's fate is greatly affected by Japan's moves.

The correspondent, not a representative since his country is not at war with Japan, said so far as he was able to ascertain from outward appearance the Japanese people still are convinced they will win the war.

He said the Japanese had been relatively successful in winning the support of local populations in all parts of their captured territory except the Philippines, where the people remained hostile.

In the time of Queen Elizabeth, men often wrote a bill of fare in their wills. These specified the foods to be served at the feast following their funerals.

Chinese soldiers no longer wear queues because they were a sign of submission to the Manchu dynasty and were cut off when the republic was established.

Cost Of War

Civilization Pays For War At Rate Of \$50,000 Second

Cmdr. Stephen King-Hall, British Conservative M.P., told an Empire Club audience in Toronto that the cost of the war is being paid for totals \$50,000 a second or \$42,000,000 a day.

"I do not say this is too high a price to pay," he said. "No price can be too high provided, when the account is settled, we achieve our purpose."

Cmdr. King-Hall said events will take care of the question of British-American co-operation after the war, but he warned against the "dangerous and syrup-soothing" doctrine that every nation has the right to choose its own form of government.

"If you mean the actual style of government, I agree," he said. "If you mean the principle of government, I disagree."

Following the war some fraction of what is spent on destruction must be devoted to peace and constructive purposes or the peace will not last, he said.

Even Small Cooks Can Make Perfect Muffins



Proud as punch is this very young lady as she turns out a batch of perfect muffins. She made them all by herself and declares it is as easy as can be. She is absolutely right. Muffins are made with the simplest of mixing operations. The only trick is this, don't over beat!

If you have a young daughter in your house, why not let her try her hand at muffins? Or when you try them yourself? Here is the recipe our juvenile chef pronounces "Simple Muffins".

BEST BRAIN MUFFINS
2 tablespoons shortening ¼ cup milk
1 tablespoon sugar 1 cup flour
1 egg ½ teaspoon salt
1 All-Bran 2½ teaspoons baking powder

Cream shortening and sugar; add egg and beat well. Stir in All-Bran and milk; let soak until most of moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (400 degrees F.) about 30 minutes. Yield: 8 large muffins (3 inches in diameter). 12 small muffins (2½ inches in diameter).

Note: When sour milk or buttermilk is used instead of sweet milk, reduce baking powder to one teaspoon and add ½ teaspoon soda.

I STOPPED "DOSING" MY CONSTIPATION AND CORRECTED THE CAUSE!

In these busy days of war you owe it to your country—as well as to yourself—to keep "in the pink". That's a common expression for a healthy complexion. A common type of constipation caused by lack of "bulk" in the diet. And do by getting right at the cause instead of masking it with laxatives that give only temporary relief. Just follow this simple plan. Eat

KELLOGG'S ALL-BRAN every day! It's delicious as a cereal or in hot, tasty muffins. Drink plenty of water. If you have a cold, eat all-bran soup. If you have a fever, eat all-bran gravy. If you have a headache, eat all-bran eggs.

Great care have KELLOGG'S in two convenient sizes. Made by Kellogg's in London, Canada.

